



## HEALTH ADVISORY

### Unhealthy Air Quality

November 14, 2018

#### Situation:

The Bay Area Air Quality Management District (BAAQMD) has an ongoing Spare the Air alert - updated on Wednesday, November 14<sup>th</sup> through Tuesday, November 20<sup>th</sup>. The Bay Area is continuing to experience heavy smoke from the Camp Fire in Butte County. Air quality continues to be unhealthy through much of the region.

#### While air quality is in the “unhealthy” range:

1. The best option for everyone, especially children, the elderly, and persons with chronic lung or heart disease, is to stay indoors with windows and doors closed and avoid prolonged outdoor activities.
2. Some specific masks, if properly fitted, *may* be helpful for those who must be outdoors for prolonged periods. N95 masks require a tight seal to work, thus are not protective for men with beards or young children. Persons with chronic lung or heart disease or other medical conditions, should check with their healthcare provider before using an N95 mask, as they can make breathing more difficult.
3. Bandanas (wet or dry), paper or surgical masks, or tissues held over the mouth and nose will not protect from wildfire smoke or small particulate matter in the air.

To monitor local air quality conditions and indicators to stay indoors, visit [AirNow.gov](http://AirNow.gov). For additional guidance, see the Alameda County Public Health Wildfires & Air Quality flyer on our Wildfire Resources page at [ACPHD.org/PHEP/Wildfire-Resources.aspx](http://ACPHD.org/PHEP/Wildfire-Resources.aspx).

#### Summary of Resources:

- [AirNow.gov](http://AirNow.gov) – Monitor local air quality conditions and indicators to stay indoors
- [ACPHD.org/PHEP/Wildfire-Resources.aspx](http://ACPHD.org/PHEP/Wildfire-Resources.aspx) – ACPHD Wildfire Resources Page
- [ACPHD.org/Health-Alerts.aspx](http://ACPHD.org/Health-Alerts.aspx) - ACPHD Health Alerts page

**Health ALERT:** conveys the highest level of importance; warrants immediate action or attention.

**Health ADVISORY:** provides important information for a specific incident or situation; may not require immediate action.

**Health UPDATE:** provides updated information regarding an incident or situation; unlikely to require immediate action.